### Name That Cheese!

#### **Objectives:**

 Students will be able to name at least four different types of cheese.

#### **Materials Needed:**

- Cheese (four different kinds of cheese made with cows' milk, with at least one low-fat choice) cut into small chunks – one per student Examples: Swiss, Colby, low-fat cheddar, mozzarella (string cheese)
- Paper plates one per student
- · Note cards to number the stations
- Pencils one per student
- Napkins one per student
- · Four sheets of paper with each cheese type listed
- "Cheese Please" forms- one per student

#### **Activity:**

- Set up four observation stations around the room. Number the stations 1-4 using note cards. Each station will have a different type of cheese for the students to taste.
- 2. Have students name as many different types of cheese as they can. As they name one they will be sampling, write the cheese on the board. Tell students that they will be tasting four different types of cheese today, but don't tell them which table has which cheese!

Pass out "Cheese Please" forms. There should be a table with cheese 1, cheese 2, cheese 3, cheese 4 written vertically on the paper, while smell, appearance, and taste should be written on the paper horizontally. Explain to students that when they go to the observation stations, they are not to eat the cheese right away. Instead, they need to record the smell and appearance of the

cheese on the "Cheese Please" form before they taste it. After students have completed all observations for this table, they can record what type of cheese they think is on their "Cheese Please" form. Remind students that the four types of cheese they are tasting today are identified on the board.

Here are some examples of descriptive words for each kind of cheese:

- Swiss: shiny, pale, yellow, large holes, sweet, sharp, nutty
- Colby: light yellow to rich orange, mild to mellow, lightly sweet to sharp, tangy
- Cheddar: light yellow or golden orange, mild, delicate
- Mozzarella: creamy, white, often molded into shapes, delicate, mild, milky

Divide students into four groups and have them go to their first observation station. Repeat until each group has tasted each type of cheese.

3. After students have been to all four stations, ask what cheese written on the board they believed they tasted at station 1. Continue with stations 2-4. Now tell students the name of the cheese that was at each station. Ask students to stand next to the station with cheese samples they liked the best.

Note to educator: It is important to demonstrate that 1½ ounces of hard cheese = 1 cup of milk (a milk equivalent). Use resources and pictures at www.choosemyplate.gov/foodgroups/dairy.html#

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#### **Activity Extension:**

Social Studies: Have students do a mini research project on the history of their favorite cheese. Hang the projects in the hallway and survey the staff about their favorite cheese and compare it to the class response.

Science/History: Share the information listed below with students, explaining how other common cheeses are processed. Ask the students to list any recipes/foods that may include these types of cheeses.

#### **Background Information:**

Cottage Cheese: Unlike other cheeses, cottage cheese curds are never pressed — instead, they're stirred — which gives this treat its soft, creamy texture. Milky and mild in taste, cottage cheese can be enjoyed by itself or as part of a salad. To mix it up a bit, add some peaches, pineapple, berries or citrus fruit. Try it as a dip for vegetables or as a spread for herb and fruit breads. It is often found in lasagna. Cottage cheese has lower calcium levels than many other cheese selections.

American: American cheese is actually a blend of cheddar, Colby and other cheeses. It is heated twice in the cheese-making process, instead of once, due to the mixing of cheeses. American is one of the common cheeses that is pasteurized to help prevent spoilage. It is typically used for grilled cheese, on cheeseburgers, or melted over vegetables.

Parmesan: Parmesan cheese originated in Parma, Italy. Parmesan has a long aging period - anywhere from 14 months to four years. When it is unripened, Parmesan has a pale yellow color, but as it ages, it acquires a deep straw color. It is sometimes sprinkled on spaghetti and used on pizza.

<u>Provolone</u>: Italian-style Provolone is made in a variety of shapes and sizes, though it's most often found in a pear-shape. The Provolone loaves ripen while suspended - they're actually wrapped in ropes or cords and hung to cure. Provolone is used on sandwiches.

Ricotta: Ricotta is actually a by-product of cheeses like Provolone and Romano. When the liquid remnants of these other cheeses are recooked, additional curds rise to the surface. When the curds are gathered, drained and stirred together, the velvety ricotta is born. It is often used in lasagna.

For more cheese information visit www.ilovecheese.com.



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# **Cheese Please Form**

	Smell	Appearance	Taste	Name of Cheese
Cheese 1				
Cheese 2				
Cheese 3				
Cheese 4				